

Child Safety

Safety is a very important subject. If you are not aware of how to do things properly you could hurt yourself or others around you. This is why your parents and teachers give you rules. They tell you things like “Don’t cross the street without looking both ways” or “Don’t run with sharp objects” because if you were to break these rules then it could cause a horrible accident to happen.

Accidents can happen anywhere at any time. You have to be careful or you could get hurt. It could be something as mild as falling off your bike or it could be much worse like a car accident. However, if you know how to react during an accident or a dangerous situation then you can make a bad situation much better.

If you are ever in any kind of accident you should try to be as calm as possible. It is important that you work to get help and focus on the problem you are dealing with. As soon as an accident happens if you are able to you should go to find an adult you trust. Find a parent, neighbor, teacher, or another adult that can help you. If you cannot find any adults to help you then you should find a phone and call 9-1-1 or dial "0" to get an operator on the line to help you.

If you call for help you should explain to the person on the phone what is wrong. For instance, you might say "There was a car accident" or "I see fire coming out of my neighbor's house". You want to give them enough of an explanation to know what the problem is before you do anything else. The person on the phone will ask your name and address and then you will have to answer some questions until they are able to get help to you.

Calling 911

9-1-1 is the number you should call if there is an emergency. By calling **911** you will have access to police, firefighters, and emergency medical technicians. The 911 operator will take the information they need and try to talk you through any instructions if they need you to do anything. They will ask you to keep calm and they will need you to help them know what's going on at all times so that they can inform the professionals that are coming to help you.

Fires

If there is a **fire** in a house or building you are in you might become very scared! It is important to remember to act calmly and quickly. You should start by staying low to the ground and getting out of the building. In most fire situations smoke will harm someone before fire will. Smoke rises which is why you need to remain low. You should never go back into a house that is on fire and you should never stop and look for things to take

with you. If you do this you may not be able to get out and could end up being seriously hurt. Once you are out of the house call 9-1-1 from a neighbor's house to get the fire department to come and put the fire out. You should not try to put the fire out yourself because it is very easy to get hurt!

Sometimes fires will start for reasons beyond a person's control. For example, if there is an electrical problem it might start a spark which turns into a flame. However, sometimes a person will end up starting a fire by accident. This is why you should never play with things like matches and lighters. Do not attempt to handle any products such as gasoline or liquids that have a tendency to burn, and always be careful about using the stove when cooking.

If you are ever in a fire and your clothing catches on fire you should try not to panic! Remember the most important thing you can do is Stop, Drop, and Roll. This will put the fire out and ensure you are not harmed any further. If someone else catches on fire, tell them to do the same thing and put something on them to smother the flames. You could use a blanket or a towel, for example.

To prepare in case there ever is a fire your family should have a safety plan. You should use a map of your house to plan a route out in case of fire and a place where you all will meet up. You need to make sure everyone knows how to get out and the meeting place. Make sure everyone is able to practice the plan in fire drills so that everyone is prepared. Make sure that if someone finds the fire to try and alert the others by yelling fire or making enough noise for people to know there is danger.

You should have more than one route out of every room in the house in case you cannot get out from one door. If you can get out of windows then that is fine to make one of your routes as long as you can do so safely. You should do some of your fire drills in the dark because sometimes the lights and electrical items will not work. If there is a fire and you are in bed, get up, move to the nearest exit, and get out of the house. You should never stop for anything because it is most important that you get out. Material items can almost always be replaced.

Electricity

Electrical outlets can be dangerous if you are not careful. You should make sure that you never try to stick anything into an outlet or you could end up suffering from an electric shock or starting a fire. This is the main reason that if something is acting up you should tell your parents to call a professional you should never try and fix it yourself. If an appliance begins smoking or seems to be getting really hot you should tell your parents right away. If it is just too hot then you should unplug it but if you see sparks or it begins to short out you should call for help. Power lines should be avoided as well. Never fly a kite near one and if you see a downed power line make sure not to go too close to it.

Poison

The average home is filled with several kinds of chemicals which do many different things. Your parent's may have various cleaning products and other poisonous chemicals in the house. Some things might include bleach or floor cleaner. These things are very dangerous. If you end up swallowing a poisonous chemical you need to call 9-1-1 or tell someone else to do it if you can. The 9-1-1 operator will need to know what kind of poison was ingested so if possible you will need to read them the label. The 9-1-1 operator will give you instructions on what to do if anything can be done before the emergency response team gets there to help.

Dogs and Other Animals

If you are an animal lover you might see a dog you've never seen before and want to go up and pet it. If you know the dog and its behavior this might be fine but you should never do this to a strange animal. If you do not know the animal they could be dangerous! Some animals will bite if they do not know the person approaching them. Even a small bite could cause a lot of trouble and needs to be avoided if possible. If you do end up getting attacked by an animal you need to let someone know you've been hurt so someone can call for help.

Bikes, Skates, and Skateboards

Make sure to be careful when you are playing outside on your skateboard or your bike. If you are not careful you could easily fall and hurt yourself. Always wear your helmet to protect you from possible head injuries. Make sure that you are using your reflectors and that you have clothing on so people can see you if it is dark outside. You should make sure your bike and other equipment is working properly before using it. If your tires look low you might want to give them air before trying to ride it. If you are riding in the street and there are cars you should make sure that you are moving in the same direction that the traffic is moving. Finally, if you are riding with a friend never double ride because you could get in a serious accident and one or both of you could get seriously hurt.

As long as you stay calm and remember to call 9-1-1, if you cannot help the person on your own, then the situation will become easier to handle. Remember, accidents occur less often if you are prepared and careful when doing things!

Name _____



Date _____

Safety Worksheet

1. If you see a dog in your neighborhood that is a stray you should go up and pet it to make it feel better.

A. True

B. False

2. The average home is filled with _____ kinds of chemicals which do many different things.

A. A few

B. Two

C. Several

D. A billion

3. If you are on fire you should: _____.

A. Dance around

B. Tell an adult

C. Stop, Drop, & Roll

D. Do Nothing

4. The number to call if there is an emergency is _____.

A. 911

B. 712

C. 411

D. 835

5. You should be careful when riding a bicycle and wear safety gear such as a helmet in case you fall off.

A. True

B. False

Name _____



Date _____

6. You should never stick anything in an outlet except plugs which are meant to be plugged into them. Otherwise you risk receiving an electric shock.

A. True

B. False

7. _____ can happen anywhere at any time.

8. Before crossing a street you should always _____.

9. As long as you _____ and remember to call 9-1-1 if you cannot help the person on your own, then the situation will become easier to handle.

10. Does your family have a safety plan? If so, what is it? If you don't try and come up with your own plan.

Name _____



Date _____

Answer Key

1. B
2. C
3. C
4. A
5. A
6. A
7. Accidents
8. Look both Ways
9. Stay Calm
10. Answers may vary